PARANORMAL UNDERGROUND®

Volume 16, Issue 12

December 2023

Decoding the Paranormal
... With Phoenix Scientific Paranormal Investigations

SAN FRANCISCO'S
Iconic Haunted Bridges

Loveland Frogman
Fact or Folklore?

THE BERWYN MOUNTAINS UFO MYSTERY

THE CHILCOMB DOWN UFO ENCOUNTER

Ancient Rituals & Ceremonies
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ALSO INSIDE:

- Celebrating Female Voices in Paranormal Investigation
- The Christmas Clock: A True Tale of a Spiritual Attachment
- Targon Z's Extraordinary Experiences With Aliens
- Beneath the Hanging Tree: A Compelling Story of Spiritual Warfare

MY PARANORMAL JOURNEY

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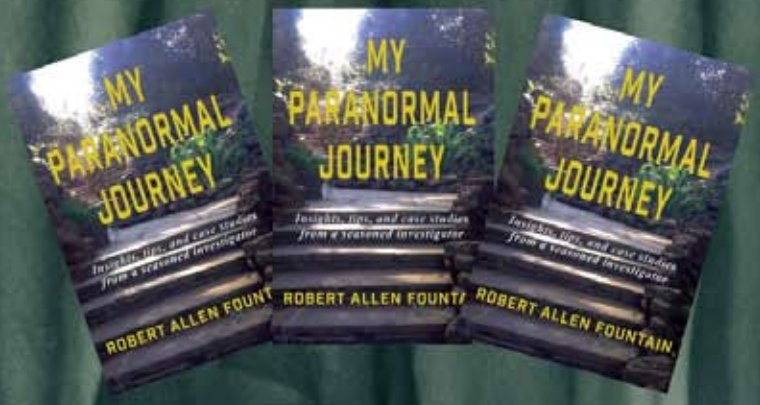
A NEW BOOK BY ROBERT ALLEN FOUNTAIN



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She is an experiencer and a member of MUFON and CE-5. She served as a consultant for Thomas Conwell's books *They Are Here: Central U.S. UFOs* and *Earthquakes and UFOs*. Cheryl is an international author of eight books, including *Edge of Darkness*, *Chosen*, and *Dimensions: Mysterious Triangles of the U.S.*, and she is the co-author of *Digging Into Skinwalker Ranch* and *The Basin Files: Skinwalker Ranch*.

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Willie has appeared on A&E's *Cursed: The Bell Witch* and CMTs *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.

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Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Mindful Mystics* podcast, and producer of *Paranormal Underground Radio*. She has more than 30 years of experience as a professional writer and editor and has written articles on topics ranging from advanced technology to paranormal phenomena.

Cheryl's magazine experience includes roles as senior and managing editor for several niche publications and online media.

paranormalunderground.net

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Lisa is the author of *Haunted Catskills* and *Witches and Warlocks of New York*. She has also written for *Chronogram Magazine*, *Haunted History Trail of New York*, *Hudson Art & History Magazine*, *Hudson Valley Parent Magazine*, and PBS/WMHT. She lives in upstate New York.

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Athena's metaphysical experience includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine.

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RAINBOW RADAELLI

Rainbow is a paranormal, abductee, and cryptid researcher along with her husband, Michael. She is an experiencer herself, dealing with paranormal phenomenon since childhood.

The silk road of life has led Rainbow in many directions: cowgirl, medicine woman, gypsy, belly dancer, and truth seeker. All directions have paralleled each other, finally coming together in Rainbow's articles, research, and blogs.

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PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal. He worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials.

Paul is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is co-owner of Halo Paranormal Investigations.

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CODY SHARPE

Cody is a husband and father of two. He has been in the paranormal community for several years. He left paramedicine to focus more time on the paranormal.

Cody has investigated with several teams, but his main teams are Sharpe Side of Paranormal and Above and Below Paranormal. He hosts a live podcast several times a month, interviewing positive creators in the paranormal field, as well as bringing news from the paranormal community.

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T STOKES

T Stokes is a holistic palmist and the author of the book *50 Case Studies in Modern Palmistry*. He trained with mediums Doris Collins and Doris Stokes and psychiatrists Henri Rey and Joyce McDougall. He was the first U.K. lecturer on paraspiritual studies, metaphysics, and eschatology. He is now retired and is an occasional consultant.

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CHAD WILSON

A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of ParanormalUnderground.net.

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, Brushy Mountain State Penitentiary, and private residences among his investigations.

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Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.

We are looking for encounters with all types of paranormal phenomena, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, etc.

Your submission can be anonymous!

And if you have any topic suggestions that you'd like us to cover, write us and let us know. We love exploring new paranormal subjects and highlighting investigators in the field.

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EDITORIAL

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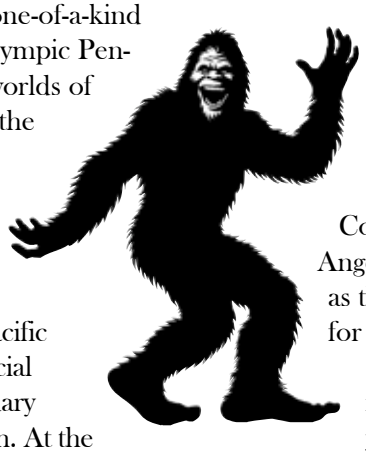
Featured Event:
Squatchcon 2024
March 21-24

Squatchcon is a one-of-a-kind convention on the Olympic Peninsula, blending the worlds of cosplay, gaming, and the arts, with a distinctive local flair.

This event is a homage to the wild, quirky, and captivating elements of the Pacific Northwest, with a special nod to its most legendary inhabitant — Sasquatch. At the heart of this celebration is "our very own Sasquatch, affectionately named Darrell," embodying the spirit of the region.



The Vern Burton Community Center in Port Angeles, Washington, serves as the vibrant gathering spot for this unique celebration.

For more event information, visit: squatchconpa.com.

January 26–27
Lone Star Paracon
Schertz, TX
everydayparanormal.com/lone-star-paracon

January 26–28
Days of the Dead
Atlanta, GA
daysofthedead.com

February 23–25
Nosferatu Festival
Austin, TX
nosferatufestival.com

March 15–17
Days of the Dead
Las Vegas, NV
daysofthedead.com

March 21–24
Squatchcon
Port Angeles, WA
squatchconpa.com

March 22–24
HorrorHound Weekend
Cincinnati, OH
horrorhoundweekend.com

March 23–24
Women of the Paranormal Celebration
Harriman, TN
eclipseparanormal.com

April 12–14
Ozark Mountain UFO Conference
Eureka Springs, AR
ozarkufoconference.com

April 12–14
Fear Expo
Owensboro, KY
fearexpolive.com

April 19–20
Bigfoot Days
Estes Park. CO
estesparkeventscomplex.com/bigfoot-days.html

April 28
Austin Witchfest
Austin, TX
austinwitchfest.org

May 17–19
ParaPsyCon
Mansfield, OH
parapsycon.com

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The Phoenix Scientific Paranormal Investigations team

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Haunted Doll, ET Town, El Duende & UFO Base

By Morgan Lineberry

Haunted Doll

Chilling Experiences With a Spooky Souvenir

Ryan Fahey of the *Mirror* brings us a spooky tale involving a haunted doll. "Events manager Yvonne Hydes, who works for The Scottish Ghost Company and organizes paranormal investigations," got the doll from an attendee after "an investigation at Easterhouse's Provan Hall."

Hydes took the doll home without realizing anything was wrong. Soon she began hearing phantom knocking and footsteps in her home. Objects moved around on their own, and she was even sure that she saw the doll blink. "The dog took a dislike to the doll and some electrical items became faulty," according to the Mirror story.

I'm sure Hydes is braver than I am, but I would get that doll out of my home as quickly as possible!

Aliens' Favorite Town

If you are looking for a nice, quiet vacation location with some possible UFO sightseeing, look no further than Bonnybridge, Scotland, according to *Daily Record's* Ryan Carroll and Nia Dalton. The town itself is "quiet and unassuming ... with just 9,000 residents, three primary schools, and a public library."

However, extraterrestrials seem to have taken an interest in the area and have been visiting it for decades! This area in the UK, with its more than 300 unexplained UFO sightings, has become a prominent hub for ET activity. There may not be much on the ground worthy of sightseeing, but if you look up you'll probably get an interesting view.

Mysterious Creature

Spotted in Argentine Town on Christmas Eve

In the small Argentine town of José de San Martín, residents were startled on Christmas Eve by an unusual sighting, according to a report by *Paranormality magazine*. A security camera captured footage of a strange, fast-moving figure, prompting local talk of a goblin-like entity known as "el duende."

The video, showing a dog reacting fiercely to this mysterious figure, quickly gained traction on social media, sparking widespread speculation and intrigue. The debate over the creature's identity ranges from suggestions of mythological beings, such as goblins or elves, to comparisons with extraterrestrial entities and cryptids, such as the chupacabra.

Reports of similar sightings have emerged from nearby towns, hinting at a pattern of unexplained phenomena in the region. The viral nature of the footage is reigniting interest in Argentina's cryptic countryside mysteries, although the video remains open to interpretation, and the creature's true nature is yet to be confirmed. See the video and decide for yourself.

Haunted House Intrigue

inside borley rectory

Antony Thrower of the *Mirror* brings us a paranormal investigator's nightmare come true: He takes us inside a haunted house with an intense reputation. Borley Rectory in Suffolk has been dubbed England's most haunted house after "a number of terrifying encounters" have been reported over the last almost 200 years.

The original owner was Reverend Henry Dawson Bull and his family, back in the 1860s. They reported hearing rushing water, (without pipes or running water) "bells which rang even after wires were cut, crashes, and heavy footsteps in empty areas of the building."

Ethel, the reverend's young daughter heard rapping on her door every night and was even slapped across the face as she lay in bed. Many other residents and visitors reported hearing voices, seeing ghostly figures, and other paranormal occurrences, including a ghostly nun and a suspected intruder who vanished into thin air.

UFO Secret Base

Is There an Underwater UFO Base Near Catalina Island?

Yet another alien secret has been revealed, this time by "formal U.S. Navy Rear Admiral" Tim Gallaudet. According to Kay Smythe of the *Daily Caller*, Gallaudet is a former oceanography expert with reason to believe "there is a secret base for UFOs on the seabed."

Although Gallaudet will not give away the exact location, he explained in an interview that there was one area of the seabed near Catalina Island, California, that "gets a lot of attention," and when he had it surveyed, he discovered an odd "wedge" on the ocean floor.

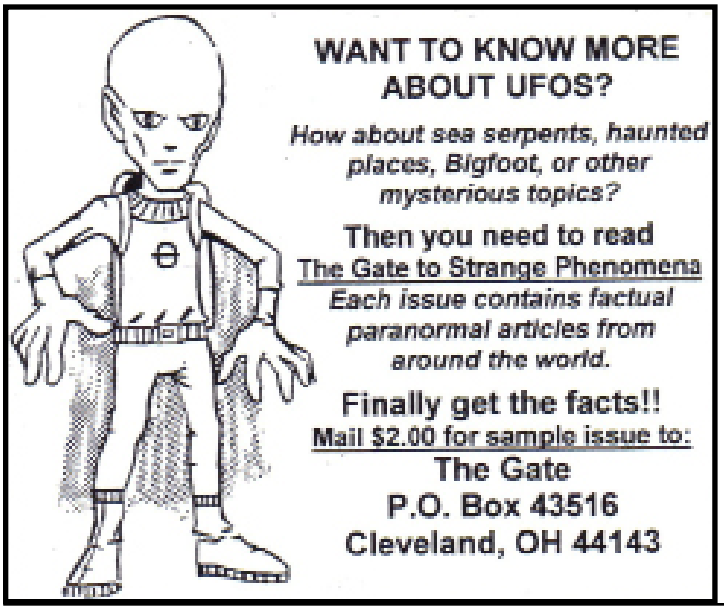
Gallaudet may even be getting funding from Netflix to research this and document it further. That is how odd and interesting this discovery is!

Mysterious Sighting

couple claims encounter with bigfoot

A couple celebrating their 10th wedding anniversary *reported* an extraordinary sighting of what they believe to be Bigfoot. Shannon and Stetson Parker were traveling by train through the picturesque route between Durango and Silverton in southwest Colorado when the alleged encounter occurred.

As the train meandered past the mountainous terrain, Shannon's husband, Stetson, noticed something unusual. "I think it's Bigfoot," he declared, pointing to a figure moving in the distance. Take a look at the video and photos and decide for yourself! ◆



Beyond the Footprints

Bigfoot Books and Lore

By Lisa LaMonica

Bigfoot, a creature of enduring mystery and intrigue, captivates the field of cryptozoology due to its elusive nature and the tantalizing possibility of an undiscovered large primate living in remote wilderness areas. This fascination is fueled by a combination of eyewitness accounts, folklore, and the enduring human desire to explore the unknown.

In recent years, theories surrounding Bigfoot include whether or not they may be interdimensional beings, capable of cloaking themselves, and connected to strange lights in the sky. Could they be tied to UFOs in some way?

Two investigators and authors in the Bigfoot community, who I've enjoyed interviewing recently, are Bruce Hallenbeck and Russell Acord. Their books on the notorious cryptid are compelling.

'Monsters of New York' by Bruce G. Hallenbeck

Bruce's book, *Monsters of New York*, describes nonfiction accounts of Bigfoot, but he also covers the Lake Champlain Monster named Champ, Hudson Valley UFO sightings, The Kinderhook Monster, Montauk Monster, and more, with eye witness accounts going back as far as the 1600s. In September, Hallenbeck gave a presentation about Bigfoot to a packed house at the Kinderhook Library in New York.

In *Monsters*, Hallenbeck explains that some of these sightings go back to Native American tribes living in the New York area. Iroquois and Abenaki had stories of a "great snake" inhabiting Lake Champlain on the New York/Vermont border, seen in modern times as well.

Explorer Samuel de Champlain wrote journal entries in the 1600s while exploring upstate New York. Tales were told to him by Native Americans of a Sasquatch creature, and he relayed these stories when he returned to France.

Newspapers accounted sightings in the 1800s, then near Schroon Lake in the 1920s. In the 1970s, as published in area newspapers, similar sightings were recorded

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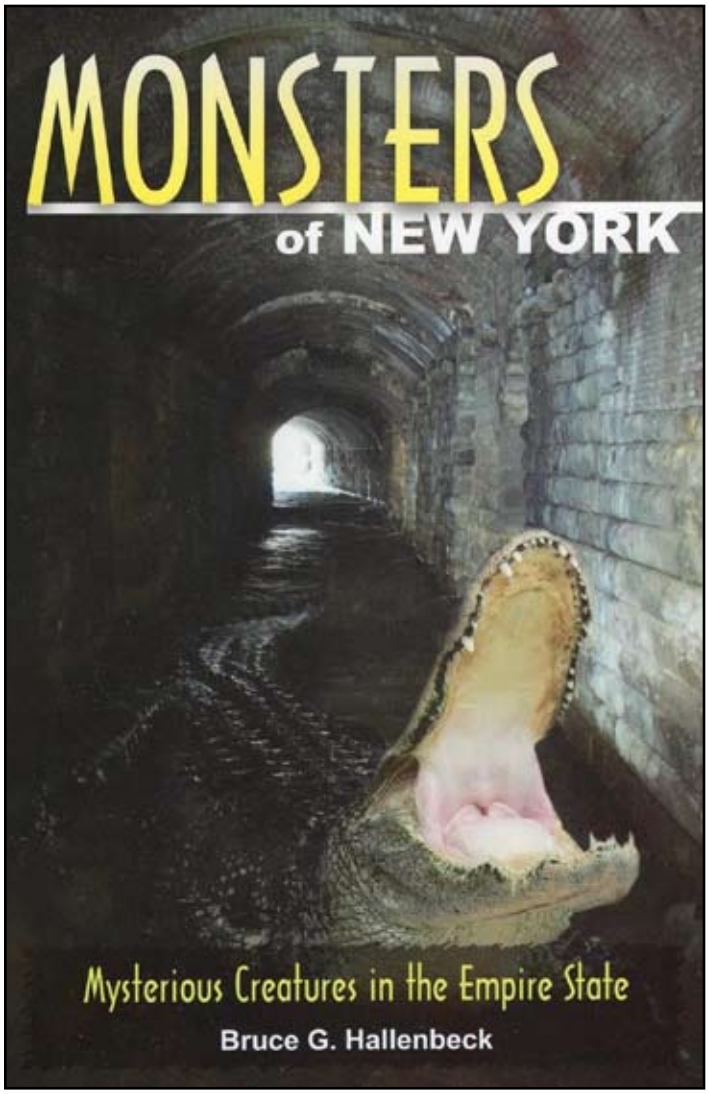


"After reading Fortean researcher Bruce Hallenbeck's book, one instantly realizes that not only do 'monsters' exist in our computerized world, but the Northwoods seem to be teeming with them. Bizarre beasts of the Empire State featured in this volume include the Lake Champlain Monster, Adirondack Bigfoot, The Kinderhook Creature, Sewer Alligators, and The Montauk Monster."

Mindful Mystics

A monthly

PODCAST

about all things

SPIRITUAL & SUPERNATURAL

With ...

Cheryl Knight

Editor-in-Chief Paranormal Underground

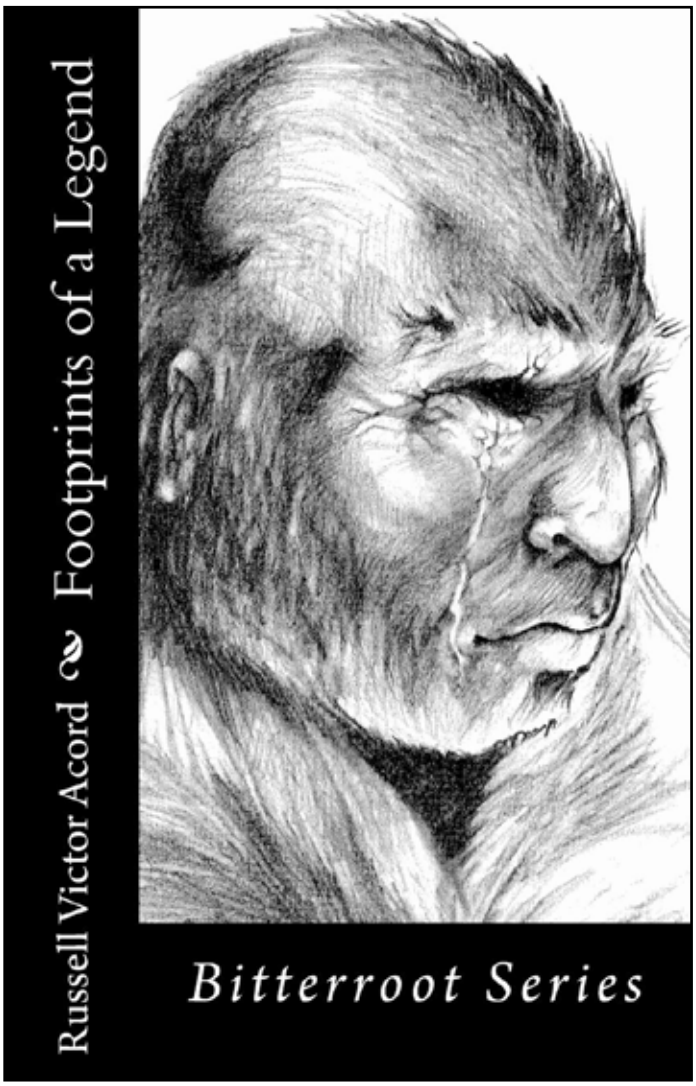
ChuckieG

Psychic Medium & Healer

Karen Frazier

Author, Psychic Medium & Healer

TUNE IN TODAY ON ITUNES, PODBEAN & MORE!



This book "is one of a series of three stories involving an unwilling captive who is submerged into the wild and secretive world of the legendary bigfoot."

in Canaan, Chatham and Nassau. In 1980, a woman entering Valatie from Rensselaer County on Route 9 spotted a similar creature near an unplanted cornfield. Many locals throughout the 1980s saw the same and heard unusual vocalizations, which caused some panic.

Monsters also chronicles many stories of the 1960s–1980s of Hudson Valley UFO sightings, well documented also by area law enforcement and reported in nearby Connecticut. The back of his book lists, by year and location, the types of sightings recounted throughout the book for easy reference.

'Expedition Bigfoot'

The Travel Channel show *Expedition Bigfoot* features an elite team of researchers using state-of-the-art technology to hunt down the elusive cryptid. The series has been popular the world over for all the right reasons — tension, fear, teasing sightings and strange vocalizations in the woods, large heat signatures, enormous tree structures in the middle of nowhere, and the extremely dangerous remote terrain that the researchers must travel through and camp in.

During the team's investigations, prints were found and soil samples taken in a very remote region of Kentucky. After the evidence was analyzed, a project manager at the UCLA California Environmental DNA program revealed: "What I found very interesting was that ... we're still seeing different primate DNA. There wasn't just one human primate, there are several different primates, some sort of primate relative that exists in the data."

Russell Acord, retired Army Sergeant and survivalist, having also had a full-time career in the nuclear industry, is among the team of researchers on *Expedition Bigfoot*. He is also the author of the fictional books *Footprints of a Legend* and *Bigfoot and the Tripwire* and is working on a third book.

While in the military, he heard many stories of Bigfoot from people throughout the world. This fueled his passion for exploration. The Travel Channel asked Russell to do the show based on his reputation as a Bigfoot authority. The opportunity to pursue his passion on the show was too tempting to pass up.

"Anything outdoors with lots of action and movement, and you've got my interest," Russell said. "I have been executive producer on several films and certainly enjoy both sides of the camera."

'Footprints of a Legend' by Russell Acord

After watching Expedition Bigfoot, I enjoyed reading Russell's Bigfoot fictional book *Footprints of a Legend*. I could hear the author's voice as I read. It is a page tuner, a book you can't put down until you follow all the action through to the end. You will experience this book with all five senses, as if actually being there.

The action starts almost immediately as the main character is abducted in the woods. The subsequent story of his survival is played out in terrifying detail: "His eyes went from curious and relaxed, to watchful and alert and could not be mistaken for anything but ready for battle. He looked as if he would be one that would tear you apart with his huge hands, eat you for lunch then pick his teeth with your rib."

After reading this book, the reader will understand why someone has the passion for continued research, seeking evidence that these creatures are out there and, in some cases, existing in groups. Russell's books are fully engaging stories for all ages. ◆

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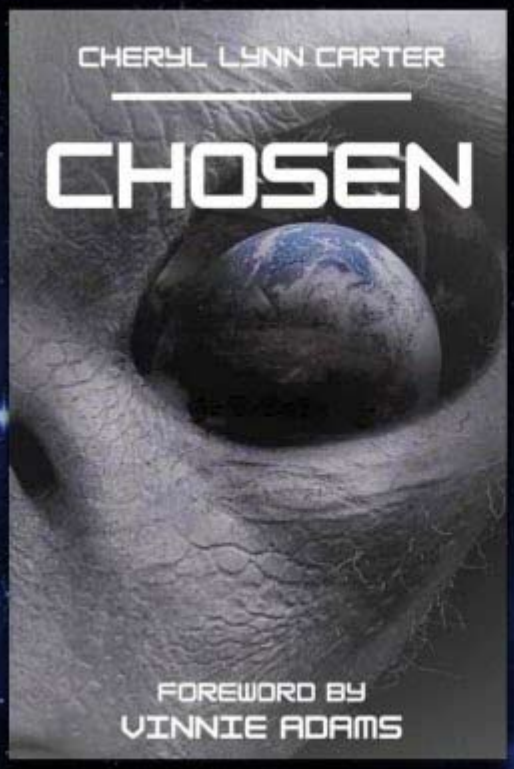

ARIEL SCHOOL

FALCON LAKE

PASCAGOULA

RENDLESHAM FOREST

MARIO WOODS

Decoding the Paranormal:

Inside Phoenix Scientific Paranormal Investigations

By Cheryl Knight-Wilson

Phoenix Scientific Paranormal Investigations (Phx SPI), a group specializing in paranormal research, has been making notable strides in the field since 2008. The team, which is known for its discretion and pro-bono services, has conducted more than 180 investigations since its founding.

The team — led by co-founders Lori Stockton, David Stockton, Jeanne Holcomb, and Ron Holcomb — has gained a reputation for employing a methodical and evidence-based approach during investigations in an effort to understand paranormal occurrences.

We recently spoke with Lori about Phx SPI to shed light on its operations and ethos. Lori discusses the diverse range of environments they investigate, from private homes to commercial spaces, and the unique challenges each presents. She also explains the team's commitment to empirical evidence and debunking myths while remaining open to unexplained phenomena.

* * * * *

Q: Could you give us a brief overview of what Phoenix Scientific Paranormal Investigations does?

Lori: Our organization travels around Arizona and neighboring states to investigate the paranormal. Our group answers the call to investigate paranormal activities at private residences where families are being affected by an unknown source and are looking for an understanding of what is happening in their home and with their family members.

Along with private residences we also investigate unexplained activity at businesses when the activity is affecting the employees and their customers.

Q: How did the organization start, and what inspired its foundation?

Phx SPI investigations feature a balance of skepticism and sensitivity. Pictured (from left to right) are Ron Holcomb, Jeanne Holcomb, Lori Stockton, and David Stockton.

Phoenix Scientific Paranormal Investigations has been at the forefront of paranormal research since 2008, conducting more than 180 investigations with a dedication to scientific methods.

Lori: Our organization evolved out of a desire to better understand life after death. Each of our core members have their own story of family members or friends who have passed away, and they want to know if they're OK.

Our goal is to share our experiences through social media outlets, such as Facebook, Twitter, etc., so we might help others also looking for answers to the paranormal.

Q: What sets Phoenix Scientific Paranormal Investigations apart from other paranormal investigation groups?

Lori: Our organization is grounded in honesty and facts and not notoriety. During our investigations, we are focused on finding other explanations for events and occurrences and not jumping to the paranormal.

We have a balanced team of skeptics and sensitives. Our mission is to respectfully document the paranormal and explain it if we can.

The team's use of cutting-edge technology plays a crucial role in their quest to understand the paranormal.

Q: Could you explain the scientific methodology behind your investigations?

Lori: We use technology, such as digital voice recorders, video, and still cameras, to capture the unexplainable and rule out other causes. We are fortunate to have several team members who are sensitives, and with their insight they can feel and hear anomalies that aren't obvious to others.

One technique we use is to keep the details away from the sensitives and let them investigate without any knowledge of events so that they aren't influenced by that information.

Q: What are the tools and technologies that your team uses during investigations?

Lori: On investigations, we use digital audio recorders, motion detectors, EVP meters, full-spectrum, and FLIR video cameras, laser grids, SLS system, trigger objects, parabolic dish, and white noise generators.

We've also been having great results with AA Mag flashlights. We twist the light to an off position and ask questions, usually yes and no questions, with the request for the unknown entity to turn the flashlight on or off. While we sometimes don't get a response, most of the time we have interactions that appear to be purposeful communications.

Q: Can you share some of the most intriguing or compelling cases your organization has investigated?

Lori: One of our most impressive audio captures was in the town of Williams, Arizona at the Red Garter Bed & Breakfast. This was a bar and a house of the ladies back in the 1880s and currently is a five-bedroom B&B upstairs and a cafe on the ground floor. Our team was doing an overnight investigation and one of our team members heard a door move and asked, "Did you hear a door?" Another team member responded, saying she did not hear anything.

The third sound captured was a loud female voice, of someone not physically present, saying, "The doors aren't stopping us." This was followed by another team member stating, "No, but we have hallway cameras that may have caught it." What's impressive with this audio evidence is that the response was related to the initial team member asking, "Did you hear a door" and how much louder it is than the team talking.

→

The team investigates The Red Garter B&B Inn in Williams, AZ (at left) and the Kinishba Ruins in Gila County, AZ (at right).

In another case, we had an individual call us for help. She was having constant headaches and nightmares and was convinced it was something paranormal. But, after a thorough investigation, we concluded it was an older alarm clock sitting next to bed that was putting off extreme amounts of EMF. After we suggested she move it across the room, her headaches and nightmares stopped.

Q: What evidence of the paranormal have you captured during your investigations that you were most surprised by?

Lori: The most impressive evidence that we capture regularly are EVPs. Most are whispers that seem to be answering our questions, otherwise known as intelligent interactions, versus some EVPs that don't seem to relate to the current conversation.

We've been fortunate to have several EVPs that answer our questions or appear to be trying to interact with us. In many cases, the volume of their voice sounds as if they are standing next to us talking normally.

We've had multiple investigations that gave us more than we were expecting. During one investigation in Tombstone, Arizona, at the infamous Bird Cage Theatre, we placed a metal flashlight on a glass-covered gaming table. The flashlight hadn't moved for probably 15 to 20 minutes, so we asked any spirits present if they could roll the flash light as a means to communicate with us. About one minute later, the flash light rolled in a circle on the glass surface.

When we were doing the overnight investigation at the Red Garter Bed & Breakfast, one of our team members was lying on the bed trying to obtain EVP evidence. As they were doing this, the bed started to shake. The event was captured on video. That video is available to view on our website under Northern Arizona and the Red Garter B & B.

On several investigations our sensitives have had the misfortune of getting scratched, experiencing cold spots, becoming dizzy, or having other physically ill feelings. But once they leave the investigation site, the symptoms resolve themselves.

Q: Could you share some of your organization's significant achievements or milestones?

Lori: We've brought some comfort to families who have reached out for help with unexplained activities around their home after a loved one had passed away. To see the family members' faces when they hear an audio clip of what they believe is their family member trying to contact them is quite emotional for all of us.

Q: How do you ensure the safety and psychological well-being of your team members during investigations?

Lori: The safety of the team members and any guests are always our highest priority. During investigations, we always travel in pairs and we use radios to stay in contact with everyone.

Prior to an investigation, our team members take the time to say a prayer to keep us safe and watch over us. During several investigations, we've had team members appear to become overwhelmed with emotions, requiring them to step away and regain their composure.

Q: How do you deal with skepticism and criticism from the public or scientific community?

Lori: We've always been open to skepticism and criticism, as we don't know the answers to life after death.

But our goal is to collect quality evidence that can be clearly defined so others can come to their own conclusions.

Q: Can you tell us about any challenges your organization has faced while conducting these investigations?

Lori: Probably some of the most concerning challenges is the safety of the team as we investigate some rural and structurally compromised buildings. Some other challenges are probably the concern relating to bringing something home with us from an investigation. Several team members have had the misfortune of bringing something home that was more annoying, than anything else. After cleansing the team member's home, that seemed to resolve any issues.

Our organization responds to the public's request for assistance in documenting paranormal activity in their home. But, on several occasions, we determined that the resident was dealing with mental health issues rather than paranormal activity.

The team prioritizes safety and mental health during their investigations.

Q: How do your investigations contribute to the broader understanding of paranormal activities?

Lori: Our organization feels that as we honestly collect and document evidence of activity that can't be explained, we allow the individual to make up their own mind. We are not trying to convince anyone of paranormal activity, just provide the data so others can make an educated decision about the paranormal.

Q: What advice do you have for individuals who are interested in paranormal investigations?

Lori: We would suggest an individual attend an investigation with a group first to better understand what are safe investigative questions and techniques.

* * * * *

To find out more about the Phoenix Scientific Paranormal Investigations team, visit phxspi.com, Twitter, Facebook, and Instagram. ◆

EMERGING FROM THE SHADOWS

CELEBRATING FEMALE VOICES IN PARANORMAL INVESTIGATION

By Cody Sharpe

In a field often overshadowed by male dominance, the voices of fearless women are emerging to redefine the narrative of paranormal investigation.

Trust me, the irony is not lost on me, a cis-gendered male writing this article. Writing for *Paranormality Magazine*, I have the privilege and honor of writing for a female-owned company. Now, I want to further use my platform to share the stories of those who deserve to be at the forefront of the community.

The following stories feature strong, lead women in the paranormal community and their positive attitudes to bringing change to the evolving investigative field.

Skye Bowerman: Unraveling Paranormal Mysteries

For my first interview in this series, I found myself driving 45 minutes from my house to meet up with a paranormal investigator at an antique shop in North Manchester, Indiana. It was a very warm Saturday afternoon in the beginning of June. While on my drive, I did however drive right through a much-needed thunderstorm full of rain, hail, and wind. This was foreshadowing for the night ahead.

I pulled up to this very cute antique shop that used to house the local Order of Knights of Pythias. I walked into the shop and was greeted by the owner of Shabby Owl Antiques and her husband. My interviewee had not arrived yet, so I was given a nice tour of the building, including the upstairs, where the owners were fixing it up to turn into a spooky Airbnb. While we were talking, my interviewee arrived.

Skye Bowerman's deep fascination with the unknown has led her to a decade of exploring and understanding the mysterious world of spirits.

This was the first time that I had met Skye Bowerman in person. I had followed her for a while on social media, and we had a few conversations online. Her investigation partner, Brad, would be joining Skye in the interview.

We sat in the middle of the old ballroom on the second floor, at an old table with items that the owners had found in the building. Skye has been a paranormal investigator for over 10 years. She had been fascinated by the *Ghost Adventures* TV show and felt an urge to investigate herself.

She started off by going to a local cemetery and soon met her co-investigator, Brad, joining him for an investigation at Thornhaven Manor in Central Indiana. (I have now had the pleasure of investigating with her on multiple occasions, including at the Shabby Owl, and let me tell you, she is no joke!)

I have really got a feel for how she handles spirits and how the spirits handle her. The first time that I was at the Shabby Owl, the spirits and activity followed her around. At one point, when she went downstairs to let someone into the bathroom on the first floor, all the activity stopped upstairs.

CrossroadXparanormal is a dedicated all-female paranormal investigative team from North Carolina. They are led by sisters Mariah, Makayla, Mady and their mom, Monica.

The cat balls, the music boxes, the trip wires, everything just stopped having interaction with us ... until she came back upstairs.

The main spirit that she discovered at the antique shop is named Sarah, a younger woman who means no harm but does like to play jokes on people and touch them. While investigating the basement of the shop, I was touched on my buttocks as I was sitting down in a chair.

There is also a dark spirit at the Shabby Owl that is more aggressive and has an attitude. Skye does not put up with it and will regularly put it in its place. I was doing a solo session in the upstairs closet when something was really oppressive. Skye wasted no time telling it to be nice, and after that, things calmed down. That wasn't before the spirit box said my name and I was grabbed a few times.

Skye has quite the following on Facebook with 5,000 followers, and her Catacomb regularly has livestreams, where people ask her questions and discuss the locations that Skye gets to investigate. One of those followers actually is a psychic herself and has just recently joined the paranormal community. I was lucky enough to recently sit down with Cassie Eckhoff.

Cassie Eckhoff: A Clairvoyant's Journey

Cassie is a 28-year-old single mom from Missouri who has quite a few experiences in the paranormal. She grew up watching scary movies and *Ghost Adventures*, which really set off her interest in the paranormal.

Most of the experiences that she has had involve clairvoyance. She was about nine years old she had her first experience with the paranormal. She was spending time with her family one day, when she went inside alone. She saw a shadow walk through her house while everyone else was outside. That was the first time she saw an unexplainable physical manifestation.

As a child, she also had bad dreams. What she didn't

Cassie Eckhoff is a clairvoyant with a profound connection to the paranormal. Her journey has been led by an innate ability to perceive spirits and an unwavering dedication to exploring the unseen world.

realize at the time was that her dreams were actually visions. She also realized that when she connected to spirits, they mainly want to share with her parts of their life that they want her to relate to. She has had many spirits come to her wanting to share their message.

While talking with Cassie, she also told me that sometimes she can smell spirits, including smelling unexplainable cologne, cigarette smoke, etc.

Cassie has spirit encounters everywhere, from in her car to at the grocery store. She generally needs to "open herself up" to spirit contact, so she usually does not engage with spirits at work. She didn't used to set boundaries in regard to spirit contact, and there were nights when she didn't get any sleep because spirits would continually contact her.

Cassie and her daughter love to explore graveyards. Cassie finds them peaceful and an area where she can especially communicate with lost souls. She currently doesn't belong to a particular paranormal team, but she has plans to travel to Indiana to investigate Indiana State Sanatorium with me and Skye. And we're looking forward to it!

CrossroadXparanormal: Personal Encounters and Community Engagement

I recently had the pleasure of sitting down with a North Carolina paranormal investigative team, all-female group CrossroadXparanormal, which travels the U.S. investigating the paranormal and unexplained. Sisters Mariah, Makayla, Mady and their mom, Monica, formed this team. Mariah's boyfriend, Tom, also helps during investigations, providing security for the team.

Ever since Mariah was little, she was into watching the TV show *Ghost Hunters* — every Saturday, she made her dad watch it with her. Three years ago, her dad passed away unexpectedly. This is when Mariah started seeing him in her dreams and was actually communicating with him.

Mariah told her mom about it, and her mom gave her 100% support. Soon, Mariah, her sisters, and her mom got onboard, starting their team in September 2022. They began by posting videos of their investigations on their TikTok. One morning, they woke up to 16,000 followers.

Earlier this year, their followers encouraged them to start a YouTube, which they did in March, and now they are just shy of 400 followers, all built organically.

During investigations, Mariah added a POV camera to catch their genuine reactions when they see paranormal activity. They actually captured a shadow figure while they were at Sweet Springs Sanitarium. Speaking of Sweet Springs, this was their most intense investigation. There was a spirit that wanted them out of there — it literally ran them out of the building.

"We have never feared for our own safety when it came to spirits, but that place made us fear for our physical safety!" Makayla said.

I asked Mariah what sets her group apart from other paranormal teams. Mariah responded: "People watch these shows, we try to tell people that these shows are for entertainment purposes only, these shows have to get the ratings. The adult attention span is 7 to 11 seconds, so they have to keep you in that whole time so they can get ratings because that's how they keep their show."

She continued: "Raw paranormal investigations, sometimes you are sitting in an abandoned building for eight hours and you only get about 45 minutes of decent activity. You don't see that part. So, they are more of a raw paranormal investigation. They are not Zak Bagans or even *Project Fear*, where they have to entertain people to keep their ratings. We are just showing the proof that we have, here is our proof. You try to debunk it, try to do whatever you want with it, this is what we got. What you see is what you get!"

I asked the group if they have ever had any spirits follow them home. Makayla and Mady both had experiences where something did follow them home. Mady was woken up in the middle of the night by something knock-

ing on her bedroom door, and Makayla had something knock on her front door, which is not accessible due to construction of her front porch.

"You can't do it and expect nothing will ever follow you home," Makayla said.

"If you go looking for it, you will eventually find it, and don't be surprised when you do find it," Mariah said.

Mariah went on to talk about how their followers are very active when they do investigations — they have plenty of people in their lives, they have friends that text them wishing them luck or be safe on the investigations. Their community is what has helped them build what they have now. They are always pushing to add more and want to answer the questions to the unknown.

"You have to be consistent with what you do; that's how we gained it with people's trust. We tell people, 'We are going here,' so we go there. 'Hey, we are going live,' and we go live," Mariah said. "They want to see the spirit box — I'm not a fan of the spirit box — but they like it so I do it."

While in the middle of talking about this with me, there was a single knock on their door. Their work truly follows them home.

Dynamic female investigators are breaking barriers in the paranormal!

Against the Odds

All three of these interviews, have shown me something amazing — with the odds stacked against them, they push through and provide amazing content for their followers. They don't hype things up, and they go in earning the trust of not only their fans, but the spirits that they interact with.

These are the type of people that I want to be the face of the paranormal community. I have a young daughter who I know will be just as interested in the paranormal community as I am, and I want her to have strong female leads in this community that she can look up to and say, "I want to be like them!"

These women go into these locations, fearless and determined to make a lasting imprint in the community. Let me tell you, they already have. Building communities from nothing to where they are now is extremely hard and impressive.

If you want to follow these amazing people, Skye can be found on social media as SkyesCatacomb. Cassie is currently in the process of building her social media. And you can find CrossroadXparanormal on Facebook, YouTube, TikTok, and Instagram. ◆

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The Ghostly Mysteries of San Francisco's Iconic Bridges

By Paul Dale Roberts, Halo Paranormal Investigations

The Golden Gate Bridge, an engineering marvel spanning the San Francisco Bay, is not only known for its majestic structure, but also for its haunting tales. Ghostly apparitions and eerie stories of the past give this iconic bridge a mysterious and supernatural aura.

On the other hand, the San Francisco-Oakland Bay Bridge, while essential for commuters, harbors its own unsettling ghost stories. The "Raincoat Man" and "The Bay Bridge Hitcher" are spectral figures that transform this busy thoroughfare into a spine-chilling realm of the paranormal.

Let's dive into the ghostly tales of these two massive bridges.

The Ghostly Legends of the Golden Gate Bridge

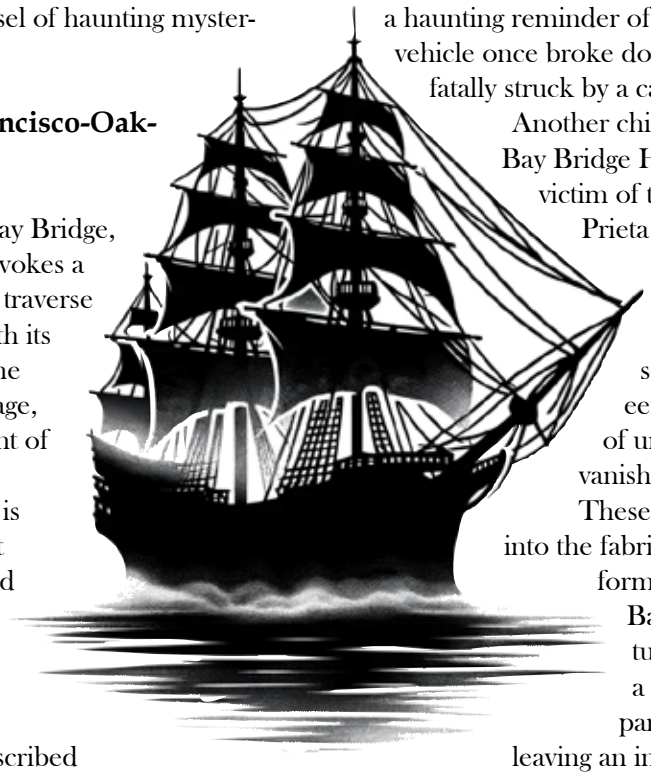
Spanning the Golden Gate, the one-mile-wide strait that connects San Francisco Bay and the Pacific Ocean, the Golden Gate Bridge stands as a testament to architectural prowess. This suspension bridge, linking San Francisco to Marin County, has become a globally recognized icon, featured in numerous movies and TV shows.

Beneath its celebrated surface, however, lies a deeper, more mysterious narrative. The bridge, since its inception in 1937, has been the site where over 1,700 people have tragically ended their lives, with only 25 known survivors, as noted by research librarian Robert Olson of the Center for Suicide Prevention.

This somber history has given rise to numerous ghostly sightings along the bridge's expanse. Motorists have reported seeing transparent apparitions, often appearing deep in thought or on the verge of jumping. David Stromgate of Foster City recounts a particularly chilling encounter with a spectral woman in a blue dress, who faded into nothingness right before his eyes.

While I have crossed this bridge many times without witnessing such phenomena, the abundance of similar testimonies suggests a haunting reality. Adding to the bridge's eerie lore is the 1942 sighting by the *USS Kennison* crew of the ghost ship *Tennessee SS Streamer*, a victim of the bay's strong currents in 1853.

These tales of ghost ships and spectral figures lingering in sorrow paint the Golden Gate Bridge not just as an engineering landmark, but as a vessel of haunting mysteries and unresolved spirits.



Haunting Tales of the San Francisco-Oakland Bay Bridge

The San Francisco-Oakland Bay Bridge, while an important arterial route, evokes a sense of unease in me every time I traverse its expanse. The bustling traffic, with its fast-moving vehicles, often leaves me anxious and hoping for a safe passage, wary of becoming a spectral resident of the bridge myself.

Among the bridge's eerie tales is that of the "Raincoat Man," a ghost said to haunt the vicinity of the third tower on the northwest side, especially visible after emerging from the Yerba Buena Island Tunnel. This apparition, rooted in a tragedy from 1948, is often described by commuters who catch glimpses of him in their peripheral vision. Dressed in a forties-style fedora hat and raincoat, he stands as a solemn figure on the footpath, a haunting reminder of his mortal end when his vehicle once broke down on the bridge and he was fatally struck by a car.

Another chilling legend is that of "The Bay Bridge Hitcher," believed to be a victim of the catastrophic 1989 Loma Prieta earthquake, which caused a 50-foot section of the bridge's upper deck to collapse. This headless specter is sometimes seen running alongside cars or eerily appearing in the backseats of unsuspecting drivers, only to vanish without a trace.

These ghostly encounters, woven into the fabric of the bridge's history, transform the San Francisco-Oakland Bay Bridge from a mere structure of steel and concrete into a realm where the past and the paranormal seem to converge, leaving an indelible mark on the psyche of those who travel its length. ◆

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The Berwyn Mountains UFO Mystery

Unraveling Britain's Roswell

By Cheryl Knight-Wilson

In the annals of UFO lore, the Berwyn Mountain incident stands as one of the most intriguing and mystifying events, often referred to as "Britain's Roswell." This tale, which unfolded in the cold winter of 1974 in North Wales, blends unexplained phenomena, governmental secrecy, and the timeless allure of extraterrestrial visitation.

Unlike the more famous Roswell incident, the Berwyn Mountains case remains lesser-known, yet it offers an equally compelling narrative for those who dare to look beyond the stars for answers.

A Mysterious Night in Llandrillo

On the evening of January 23, 1974, the residents of Llandrillo, a quaint village nestled in the Berwyn Mountains, were startled by a series of alarming events. It began with a tremor, strong enough to register 3.5 on the Richter scale, shaking the earth beneath their feet. What followed was an extraordinary display of strange lights in the sky, described by eyewitnesses as bright, colorful, and unidentifiable. The combination of the earthquake and the aerial phenomena sparked immediate speculation about a UFO crash.

The official explanation for the tremor was an earthquake, a natural occurrence, yet nothing in the official account could explain the lights witnessed by the villagers. Some reported seeing a large, glowing object on the mountainside, while others recounted strange noises and mysterious movements in the darkness. The theories ranged from a crashed aircraft to a secret military experiment, but the most tantalizing and persistent of these was the possibility of a downed extraterrestrial spacecraft.

Adding to the intrigue was the response of the authorities. The military was reportedly quick to cordon off the area, fueling rumors of a cover-up. Witnesses spoke of men in military uniforms scouring the mountainside and unmarked trucks moving in and out of the area.

The Puzzling Berwyn Mountains Incident

Over the years, the Berwyn Mountains incident has been the subject of much investigation and speculation.

UFO researchers have scoured declassified documents and interviewed eyewitnesses in search of the truth. Some claim that the lights were merely the re-entry of a meteorite or space debris, while others firmly believe in the extraterrestrial hypothesis.

What makes the Berwyn Mountains case so fascinating is not just the event itself, but its lasting impact on the local community and UFO enthusiasts worldwide. It has become a symbol of the unexplained, a reminder that there are phenomena in our world that defy easy explanation. The incident has inspired books, documentaries, and countless debates, keeping the story alive in the public imagination.

As with many UFO sightings and encounters, the truth behind the Berwyn Mountains incident may never be fully uncovered. The combination of natural and unexplained events, government involvement, and the passage of time has created a perfect storm of mystery and intrigue. Whether it was a case of mistaken identity, a natural phenomenon, or something truly out of this world, the Berwyn Mountains UFO crash remains a captivating chapter in the larger story of our quest to understand the unknown. ◆

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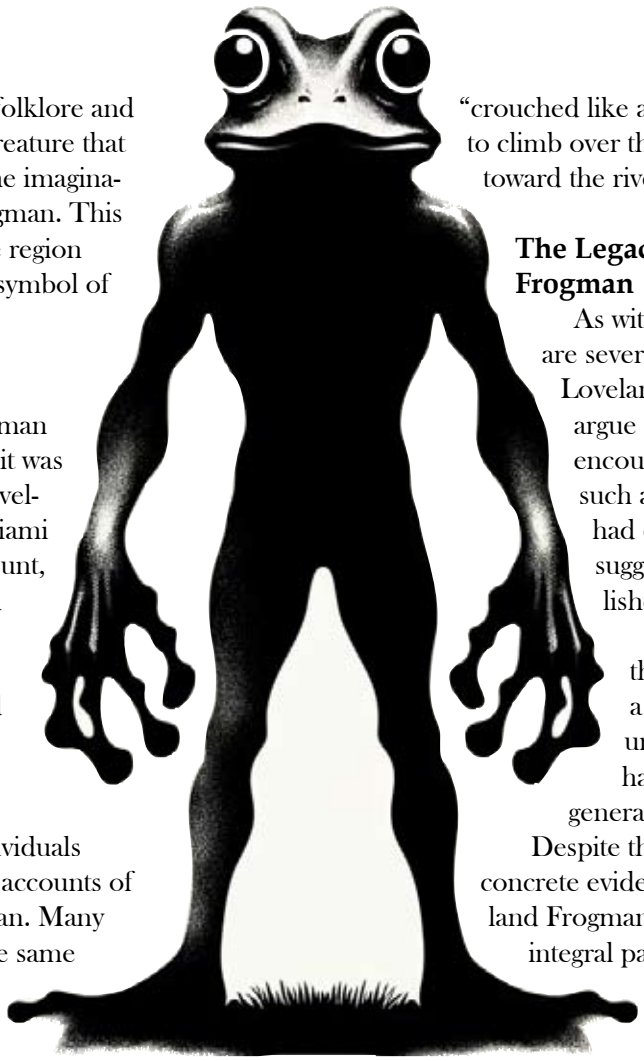
BY THE LINEUP

The Loveland Frogman

Fact or Folklore?

By Chad Wilson



In the chronicles of American folklore and cryptozoology, there exists a creature that has mystified and captivated the imaginations of many — the Loveland Frogman. This enigmatic being, said to inhabit the region of Loveland, Ohio, has become a symbol of local legend and intrigue.

Origins of the Legend

The tale of the Loveland Frogman dates back to the mid-1950s when it was first reported by a businessman traveling along the banks of the Little Miami River. According to the initial account, the man claimed to have witnessed three bipedal, frog-like creatures standing upright by the side of the road. These beings were described as being around four feet tall, with leathery skin, webbed hands, and frog-like heads.

Over the years, numerous individuals have come forward with their own accounts of encountering the Loveland Frogman. Many of these sightings occurred near the same stretch of road alongside the Little Miami River. Witnesses have described similar features — a humanoid figure with frog-like characteristics. Some have even reported the creatures brandishing sticks or wands emitting sparks.

One of the most well-known sightings took place in 1972 when a Loveland police officer, Ray Shockey, claimed to have encountered a creature fitting the Frogman's description. He reported seeing an upright, leathery-skinned being while on patrol.

Illuminated in his vehicle's headlights, he described the animal as three to four feet long and roughly 50 to 75 pounds. His report went on to say that the animal "crouched like a frog" before it stood erect to climb over the guardrail and back down toward the river.

The Legacy of the Loveland Frogman

As with many cryptid legends, there are several possible explanations for the Loveland Frogman sightings. Skeptics argue that the witnesses may have encountered misidentified animals, such as large frogs or exotic pets that had escaped from captivity. Others suggest that the stories are embellished or even fabricated.

Another theory proposes that the Loveland Frogman is a manifestation of folklore and urban legend, a narrative that has been passed down through generations to entertain and mystify.

Despite the skepticism and lack of concrete evidence, the legend of the Loveland Frogman endures. It has become an integral part of the local culture, inspiring various artistic interpretations, including literature, music, and even a documentary film.

The Loveland Frogman has also made appearances in popular culture, featured in television shows and podcasts dedicated to the unexplained and paranormal.

For many, the Loveland Frogman represents the enduring fascination with the unknown and the mysterious. Whether it is a genuine cryptid that has managed to elude scientific scrutiny or merely a product of imagination and storytelling, its legacy continues to thrive in the hearts and minds of those who seek to unravel the secrets of the unexplained. ◆

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TARGON Z'S EXTRAORDINARY EXPERIENCES WITH ALIENS

By Paul Dale Roberts, Halo Paranormal Investigations

This past June, I received an intriguing call from an Arlington Heights, Illinois resident, known as Targon Z, a pseudonym he uses for gaming. Preferring anonymity, Targon Z reported multiple extraterrestrial encounters at his home.

According to Targon Z, now 28, these visitations began in his childhood. His mother recalled observing UFOs on two occasions, once when Targon Z was a toddler and once before his birth. In both instances, she described unusual aerial phenomena, including glowing orbs and a UFO resembling an inverted cereal bowl.

Targon Z's own experiences started at age 22, with subsequent encounters at 24 and, most recently, the day before our call. He described a pattern preceding these visitations: a ringing in his ears followed by a humming sound. During the first encounter, Targon Z witnessed three gray-like beings enter his living room, after which he lost consciousness and two hours of time. The second encounter followed a similar pattern but without the time loss.

The latest incident, however, was particularly unsettling. On the evening of June 23, the familiar ear ringing and humming returned. This time, Targon Z saw an alien entity emerge from a wall in his living room. The creature, featuring a large head and oval eyes, stared at him before retreating. Targon Z, in a state of panic, found normalcy restored shortly after.

Concerned, Targon Z sought advice on preventing further occurrences. I recommended contacting MUFON for an official report, exploring regressive hypnosis to uncover lost memories, and checking for potential extraterrestrial implants. Targon Z suspects an implant in his head, correlating with frequent migraines.

Though hesitant about public exposure, Targon Z is considering these options. He also inquired about the efficacy of prayer, a method I use in my demonic activity cleansings, but I advised its limited applicability in his case.

As we concluded, I shared a sketch of the entity he described, which he confirmed as accurate. We agreed to maintain contact, and I intend to encourage his engagement with professional entities like MUFON for further investigation.◆

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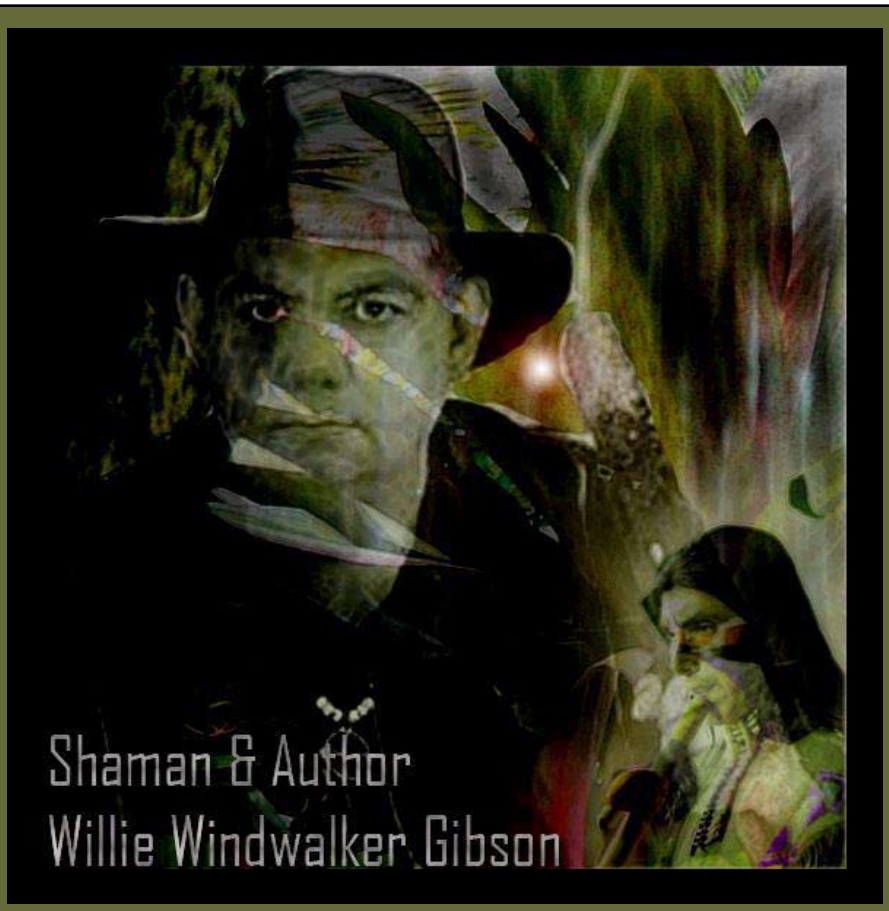

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Beneath the Hanging Tree

A Compelling Story of Spiritual Warfare

By T Stokes

While the intense evil I witnessed was still fresh and alive in my mind, I wanted to share one of the most unpleasant exorcisms I have ever been asked to do.

A spiritualist friend in Hampshire, some 100 miles away, contacted me to say a local land owner needed an area cleared. A jealous man had followed his ex and her new boyfriend and viciously killed them both. He then hung himself from a nearby tree. People were refusing to walk past or nearby because of odd, scary feelings they were getting.

I told him that it sounded like a simple case of a haunting and any local medium could handle it. But, he said they had tried to approach the site, only to suddenly back away.

Mediums are the ideal tool to use for contacting the dead, but there are intelligences out there that have never been in a body and very great care must be used in any kind of contact.

I told my friend I would help, if my train fare and other travel expenses were paid. He emailed me later that day and said it would all be covered. He also told me that the land owner wanted nothing to do with the "clearing" and I should get it done as soon as possible.

Confronting the Shadows: A Ritual of Protection and Discovery

As I set out, I took a large bag of mixed salt and fine sand (left out in the sun all day), blessed them, and went to the wood not knowing what to expect. On walking through the wood, it all felt pleasant and normal ... until I approached the area where the tragedy occurred.

My breathing tightened, and I felt uneasy in my stomach. A kind of thick, dark blanket hung over the spot, not normal with dead human hauntings. I wasn't entirely sure yet what we had here. I felt uneasy and walked along the

outskirts in a square, spilling a small trail of the blessed salt and sand, until I had locked in the dark forces. Feeling queasy, I came back to my friend's house.

I had gone through it all in my mind, and I assumed restless spirits were to blame, but at times the negative energies in a killing can attract lower demonic entities. Some, such as the haemophagists, will feed off the fumes of spilt blood — these are what psychics see above butchers shops and the like.

If you spill blood in the water, sharks can smell it miles away. It is the same with some spirits of the air. They will come from far and wide when blood is spilt.

I did feel that whatever was at the "haunted tree," I had to use the utmost care. These intelligences will often know what you are about and will do their utmost to prevent you from coming. So, I did not know what we had here, but I decided to go back and prepare for a fight.

A Sinister Encounter: From Spider Bite to Supernatural Presence

I asked my friend if he had a folding chair I could take to the spot and just watch and tune in to what was going on. He directly me to his garage, where he said he had a small folding chair inside. Taking the key and opening the garage door, a shower of spiders fell down on me.

As I brushed them off, I felt like a hot needle go into my shoulder. The pain was intense. Taking up the yard broom, I started to kill as many as I could, thrusting the brush end into the hub of the nest.

Coming back indoors, all I could see was a small red blotch where I was bitten, but it was not long before I felt feverish and my legs would not work properly. My friend said he had never seen any spiders in the garage. But he rang the hospital accident and emergency team. They said they had large queues there today and to keep me in one place with a blanket, apply antiseptic cream, and have lots of hot drinks.

Two days later, I was still very bad, so my friend again rang the A&E again. This time they said, "Who told you that? Bring him in immediately!"

I did not want to move. My knees were so weak, but I went to the hospital. They had no spare beds, so I was put on a trolley and sent to a small room. They cut off my T-shirt, which was unnecessary, as I could have taken it off with some help. I got pulled about and was so tired and lethargic, so they left me there to sleep.

Because there was a huge bright light over my head, I had to wrap the remains of my T-shirt around my eyes to sleep. While I slept, I became aware of being watched. Then, a thick, dark cloud entered the room. It smelled cold and bad, and I knew the thing was here and concentrating in a corner of the room. It then said to me: "Come again, and you will really suffer."

Then, the stinking greenish fog cleared and the room warmed up.

The reason rooms go cold before an apparition shows itself is because it drains from the air all nutriment to build up its form. Just as water can be frozen solid in ice, so air can also be coagulated together by spirit — the term is "inspissated air."

Ritual of Cleansing and Confrontation: Invoking the Sacred Circle

On arriving back at my friend's house, I knew what I had to do. I spent the day meditating and in quiet prayer.

I then put on clean clothes, bathed with lots of soap, and fasted for 24 hours. The film Alien had a creature

→

burst through a man's stomach; this is a dramatized version of what can happen when dealing with a demon. It will grip onto anything dirty, and putrefying or decaying food in the gut will bring them straight to it — and the focus of their attack will be there.

Experts tell us there are more nerve cells in the stomach than in the brain; this is where "gut feelings" come from.

So, setting out at daybreak, I approached the square of blessed salt and sand. Walking just outside of it, I said the 23rd Psalm. I then called on the four archangels — Michael, Uriel, Gabriel, and Raphael — and conjured and pointed them to the four corners of the square.

I called on the four archangels and pointed them to the four corners of the square.

The meaning of the square is fully known to Freemasons, and it is very powerful and protected me from a very angry beast that kept daring me to step within. Then the trees and bushes inside began to gently shake, as if a fairly strong wind was at work, but only inside the square.

Walking around again, I dropped some healing herbs and set alight some sage highland grasses and mint. Then I threw some into the center. The anger toward me grew very strong indeed, but I knew I was winning, as the beast was moving away toward the tree, where the man hung himself.

Stepping quickly in, I threw the bottle of blessed holy water at the tree base, where smoke was rising, and said out loud, "By the powers of God almighty vested in me, I command and conjure you to go to your place of rest."

And it was all over.

It's now unfashionable to use the word exorcism — the term deliverance is now used extensively.

As my friend collected me and passing me an envelope with my expenses within, he drove me to the rail station for my journey home. The strangest thing, ahead of us on the motorway was a dark cloud exactly in a shape of a witch on a broomstick.

I wanted to stop and take a photo, but my friend grumbled about stopping on the motorway.

Very peculiar, and possibly a total coincidence, or was it? ◆

The Sharpe Side of Paranormal

Author

Paranormal Investigator

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Ritual and Ceremony

Reviving Ceremonial Wisdom in Modern Times

By Rainbow Radaelli

Understanding how to connect with the Universe or with those ethereal souls who have departed from our realm of existence stems more or less from how we view ourselves and the proverbial dictums of society. Reality's divine design seems to play an immense part in our perception of how to communicate to the other side.

For millennia, for those who sought answers regarding life's meaning, it all came down to something as rudimentary as ritual and ceremony. Everyday life can be full of unanticipated lessons, society conundrums, and perplexing social norms that change within the blink of an eye. It's not just enough to exist each day hoping for the best; as humans we yearn and require extra help that appeases our endemic angst. This is where ritual and ceremony come into play, because they placate the emotional ebb and flow of life.

The variety of rituals and ceremonies are as endless as the stars in the sky and beyond. Understanding how to direct your intention is important. Words have power, and as we send off our desires and requests for answers, just remember it's just as easy to block your invocation with impatient and unrequited thoughts.

Photo by Pat Berrett

Positive Ceremony and Ritual

Here are some of the different types of ritual and ceremony that have been used for millennia. These are tried and true, and I know they have worked for myself and many people. Just remember that with anything that has to do with intention, its origin is always best when used with the purest thoughts instead of smutty impressions.

Curative healings for body and mind have always been a constant ever since humans have understood the importance of their salubrious existence. In regards to spiritual devotion, asking for *Archangel and spirit-guide protection* has become prevalent not only with religions,

but within daily life for all people. Humans combat the darkness not only with prayers, but by invoking those deities and angels of light to slay the darkness and keep it at bay.

The Egyptians brought immortality to the forefront of human consciousness to the point that to live forever is a coveted proverbial paragon. This not only included ceremonies, but offerings to the immortals for those inimitable and venerated insights. Prayer and magic are really both one and the same.

I'm going to group the following ceremonies together, only because they are similar but distinct enough in their own right. The first is a *dimensional* ceremony, because I feel we can connect with our friends in other realms and alternate realities. This can include other forms of energy outside the familiar human guise. A *communion* ceremony connects the soul to source and can be used for help. This one can be used as a bridge to family members who have departed our realm. A *portal* ceremony is unique, because it's connecting to the other side working with frequency, communicating with contacts by receiving or sending messages across the space-time continuum. *Frequency* ceremonies are my favorite, because it's always good to ask for help in raising one's vibration so we can achieve our highest good.

As humans aspire for the illuminated oneness, it makes sense that these ceremonies are more popular than ever.

Negative Ceremony and Ritual

We all know that those doomster curse ceremonies are more common than we would like to know, but let us not forget that there's an invisible marker placed on the individual's soul that illuminates when they die. This was told to me lifetimes ago. There's no hiding from this. It's an unforeseeable companion that stays with the soul until retribution is determined. Think of it as a badge of infamy for the soul.

Cult ceremonies that play an integral part in the tenebrious macabre, such as The Key of Solomon, are used for a multitude of purposes. Power, possession, and enslavement can be key factors here, but when sorcery is used, these can be very dangerous.

Reanimation ceremonies are as dark as they can get. Skinwalkers, dark magicians, and depraved cults and religions tend to veer toward this wretched practice.

Ceremonies and Rituals of the Old Ways

These are by far my favorite ceremonial and ritual practices that play an integral part of my medicine way. Some of these have the Pagan influence to them because they value the connection between Gaia and nature.

Photo by Pat Berrett

I want to add in another one that I feel is important, and I call this ceremony *reinlocation*. It's a ceremony to place yourself in life the way you want to live. This is connected to déjà vu almost in a stepsister kind of way. While they don't have the family tree connection, they are a reminder of the signs the Universe sends our way to pay attention to our surroundings.

The fae folks are a good group to communicate to, especially before heading out camping with the family or for alone time. The forest dwellers deserve recognition, if not in ceremony maybe in offerings. With offerings, I'm going to emphasize how important it is to place the offerings away from where you are camping. Include good intentions to the forest dwellers from the little people, fairy folk to the big furry people. You want to be able to enjoy yourself without those four-legged unsolicited guests.

The *remembrance* ceremony is one of my favorites, and this has to do with the seasonal changes in nature and in life. Samhain is a good example of doing something

→

in the winter time. This kind of ceremony is a good way of letting go of the stress from the past year's escapades. Beltane is great for spring and it's a good way to connect to nature as she's budding out and preparing for a fruitful summer.

Egyptian Priest and Priestess Past Lives

I remember when I first walked off the plane in 1991 in Cairo — it was like coming home. It felt dangerous, exhilarating, and mysterious all at the same time, with a shocking hint of familiarity.

I have had so many past lives in Egypt to the point that I think I have been Egyptian more so than in any other time in my soul evolution. My body and soul lessons to this day overflow with the memories of these ancient life times. Here are just a few of the ceremonies that I remember doing on a daily basis. As you will see, to be a priest or priestess in ancient Egypt was an intense position of devotion that teetered on the whim of the pharaoh's credo.

The enormity of these ceremonies was exceedingly daunting, so much so that I'm only going to give you a flavor, a smidgen of what it was like to do a ceremony in these antiquated times. First and foremost, a priest or priestess did not own their purpose in life; they gave themselves to the pharaoh and his successes.

If, for any reason, ceremonies and rituals failed, the pharaoh was seen as a failure, and this was considered blasphemous to be disfavored by the gods and goddesses. As you may have guessed, the priests and priestesses paid a heavy price if this happened.

Egyptian Ceremonies

We started with the *waking* ceremony, which eventually led into the *sun rising* ceremony. The difference between the two ceremonies was one gave thanks for the breath of the body and mind while the other was gratitude for the sun god Ra touching the land and sea. There was *mid-morning* ceremony where we washed ourselves and gave thanks for the purity of the body.

The *sun above* ceremony gave thanks to the sun god Ra for shining his warmth upon the crops and gardens, resulting in a time of plenty. *Early afternoon* ceremony was the coming together of the priests and priestesses demonstrating their devotion to all the deities that governed their people. Incantations were used, as well as incense, for displaying faithfulness.

End of day was a dance celebration with incense and fire. Food offerings included beer, breads, meats, and fish. The *twilight* ceremony was very important, because it signified the success of a fruitful day, the favor of the gods

Photo by Pat Berrett

and goddesses. It was the kiss between the sun and moon.

The *sunsetting* ceremony put the sun god RA to sleep while preparing for the goddess Isis' arrival. The *moon rising* ceremony welcomed Isis, the most beloved goddess of all, and that of the deity Kek, who reigned the night sky showcasing his brilliant stars amongst the shadowy landscapes.

From this came the preparation for the *opening of worlds* ceremony. This was considered the dead of night prelude to the unimaginable macabre, which the priests and priestesses feared most because unknown beings were allowed to walk the earth unchecked during this time. Because of this, protection was asked during and after the befall of these other worldly entities and beings.

Moon resting was the ceremony that ended the night's fractious minions, sending them back whence they came and closed off the world back to safety.

I must add here, this does not include the rituals and ceremonies to each specific god and goddess, especially those important to the pharaoh, and let's not forget festivals and personal rituals due to the pharaoh's peculiar penchants.

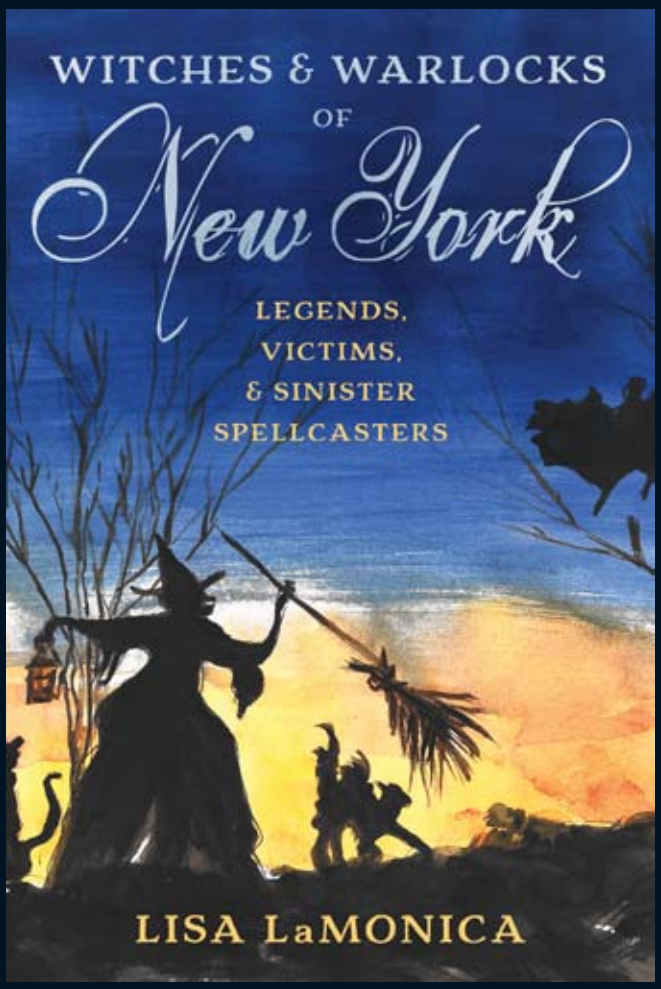
As you can see, this was a daily life of words, incantations, spells, elixirs, and magic. Notwithstanding, it was a glorious life of pomp and stance.

Reincarnation

It's important to share with you an unknown detail not many people talk about. The Egyptians were able to reincarnate as priests and priestesses over and over again at will. This was an essential part of the magic they learned, which is a forgotten skill that's been lost to us to this day. This was something they could do at the time of death while a special ceremony was done in their honor.

I think it all has to do with vibration and frequency. Living a life of words empowered the mind so much so that it could change someone and make them a powerhouse beyond our understanding. It's from the power emanating from day-to-day ceremony and ritual that resulted in this ability. I remember this.

To end a very long read, I would like to remind everyone that it's important not to speak words in fear. Ceremony and ritual are important ways humans connect to the divine. If we ask for protection, know it will be given. If we tell something to leave, believe it will be gone. Words have power, so put your intention behind your words. It's this imbalance that darkness looks for, so don't give it what it wants. ◆



New York has a surprisingly rich and lasting history of witches and witchcraft.

"Witches and Warlocks of New York" is a collection of legends and historical accounts about witches and warlocks from the Empire State.

Included are a history and origins of witchcraft in New York State and historical tales of "witches" across the state, including Hulda, the witch who was the origin behind a Brothers Grimm fairy tale and inspired parts of Washington Irving's "Sleepy Hollow." Plus, the Easthampton Witch Elizabeth Garlick, accused and tried 35 years before the Salem witch trials.

Available on Amazon

The Chilcomb Down UFO Encounter

By Cheryl Lynn Carter

It was about 9 p.m. on November 14, 1976, when Joyce Bowles and her friend Ted Pratt got into her Mini Cooper Clubman and set out to pick up her son, who was visiting his girlfriend in the small nearby village of Chilcomb Down in Winchester, U.K. They were headed out of Winchester along the A272 Road along what was once an old Roman road and through land once owned by the Knights Templar.

They drove past Magdalen Hill Down, a natural amphitheater and the site of five Bronze Age barrows that covered ancient burial sites. At the Percy Hobbs roundabout, they made a right turn and continued on to Chilcomb Down. As they continued, they drove past Cheesefoot Head, also known as Matterley Bowl, the site of another three Bronze Age barrows. Although these were commonplace to most, there would be a turn of events that would make everyone take notice.

A Shocking Encounter

Up ahead, Joyce and Ted observed a large orange light hovering low over the wheat fields of Chilcomb Down. However, as they continued, hedges and trees temporarily obstructed their view. Joyce turned left and onto a quiet country road called Kings Lane, where she reduced her speed to 25 miles per hour.

Suddenly, the steering wheel locked, the car veered to the right, and the engine began to rev up on its own, even though Joyce had taken her foot off the accelerator. They looked out the window, realized the vehicle was now on a grassy strip of land along the side of the road, and they were now in danger of hitting the trees up ahead. It was as though the car was floating in the air as it rapidly traveled sideways.

Ted reached for the wheel in order to help Joyce get the vehicle under control. He was able to do so, and the vehicle traveled another 15 yards before suddenly coming to a stop, as if it had hit some sort of invisible barrier.

As they looked up, they heard a whistling sound, like that of a tea kettle, and saw a cigar-shaped object hovering about six yards away. The craft measured about 12 feet

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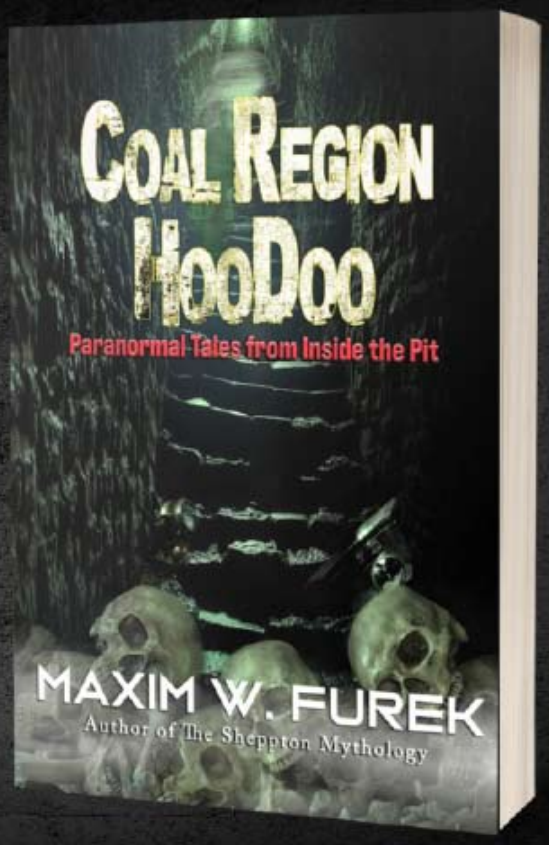

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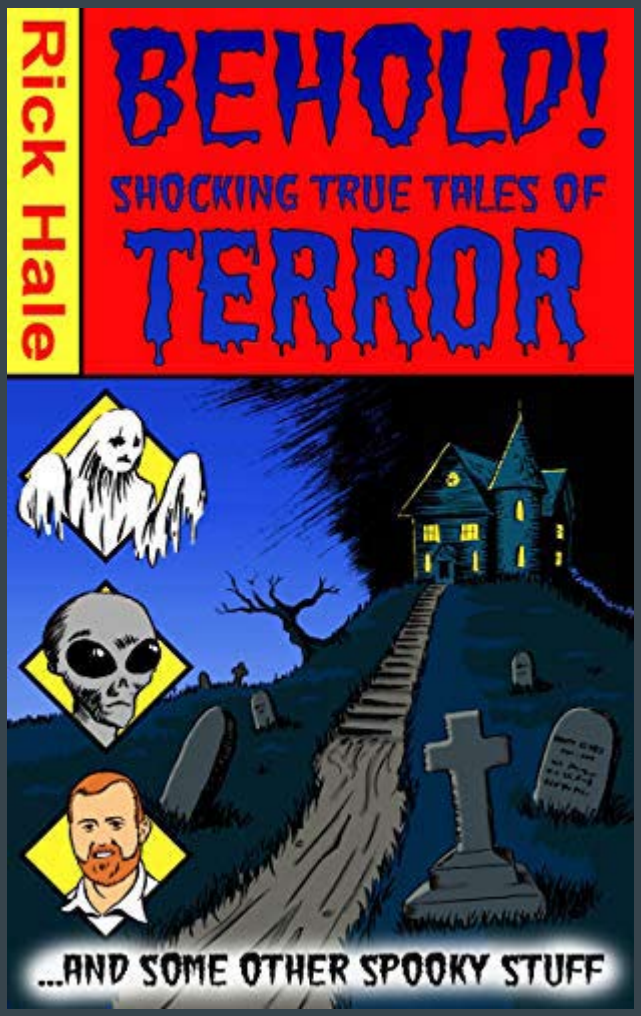

BEHOLD!

SHOCKING TRUE TALES OF TERROR

... AND SOME OTHER SPOOKY STUFF

BY RICK HALE

Available Now on Amazon.com

In 1976, Joyce Bowles (pictured, left) and Ted Pratt (right) came into contact with a cigar-shaped UFO and three alien entities near Chilcomb Down in Winchester, U.K. (Image from Eyes on Cinema)

long and five feet high. There appeared to be a strange vapor beneath it. Joyce noticed it had three bow windows that were brightly lit, and she could see three figures inside.

One of the beings left the craft and suddenly materialized next to the driver's side of the car. This being, wearing a tight-fitting metallic suit, was about six feet tall, with long, blond hair and very piercing pink eyes that were as bright as the sun.

Joyce turned to get a better look and was startled by the menacing look on the being's face. It then put its hand on the roof of the car and bent down to look inside, first at Joyce, then Ted, and finally at the dashboard instruments. Then, it stood up and began moving around the car. Joyce grabbed Ted's arm as it appeared that it was now moving to his side of the car. Ted turned to look but didn't see anything. When they both looked to the front again, the mysterious craft was gone.

Seconds later, or what seemed like minutes to them, the engine restarted, even though the ignition was not turned on. The headlights were now four times brighter. Ted offered to drive the rest of the way, but Joyce refused because she didn't want to get out of the car to change seats.

After taking a few minutes to regain their composure, they continued on their journey trying their best to leave any memories of the encounter behind. They picked up her son and arrived back home at 9:25 p.m., this time without incident.

A Second Enigmatic Encounter

The following morning, Joyce noticed she had a blotchy rash on the right side of her face, neck, and shoulder. Ted, who was seated in the passenger side of the vehicle, was not affected. Joyce's rash soon subsided, and life went on as usual. Or did it?

About 6:30 p.m. on December 30, 1976, Joyce and Ted were traveling on B3404, which would take them close to the area of their encounter in November. Ted pointed to the left and remarked that the big orange glow was in the sky again. They heard the sound of high-pitched whistling, like that of a tea kettle, and the car began to rock back and forth and side to side.

In an instant, they found themselves standing next to the car — although they didn't remember getting out. However, they were now somehow inside the craft. As they looked around, they noticed three beings watching them. Joyce recognized one as the being that had approached their car in November. He now had a large sparkling jewel on his belt.

He told them to go up seven steps that led to a room. Once there, they were directed to a wall that contained several geometric designs. They were confused as to what this represented.

"Those are our fields," the being said.

"Fields?" Ted asked.

"Our fields," he replied.

Joyce and Ted found it difficult to understand what the being was saying, except that they would be back. After that, everything went hazy. They woke up to find themselves in the car again near a river that was next to a road in an unfamiliar area. After driving around for a half hour, they were able to find their way back and arrived home by 8:15 p.m.

Cheesefoot Head Crop Circles

In 1980, the discovery of three mysterious flattened rings appeared in the wheat field in Cheesefoot Head barrow. The plants had been gently bent down in a clockwise direction, forming a strange phenomenon known as a crop circle. The wheat was over two feet tall.

The height of the plants went into the diameter of the largest circle about 26 times, making the diameter 52 feet. The diameter of each of the smaller circles was 17 feet. The design was aligned perfectly north-south.

There was quite a quandary as to how this happened and what it meant. Some invoke the theory of natural ley lines that are thought to intersect sacred sites. Cheesefoot Head fits that description, as it is the site of Bronze Age burial mounds. Others believe the mysterious designs are created by extraterrestrial intelligence who are trying to send mankind messages.

After all, the strange visitors did tell Joyce and Ted they would return. Ever since then, after reports of strange lights in the sky, hundreds of intricate crop circles have appeared in the area.◆

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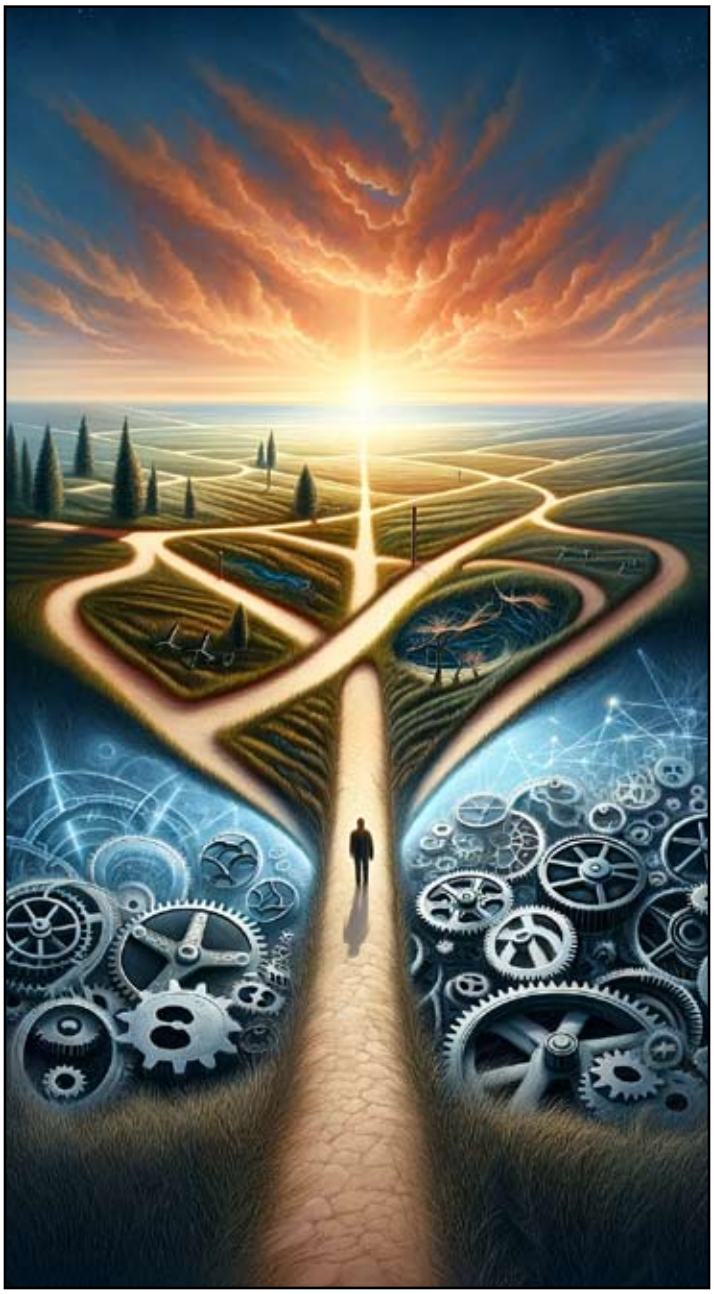
Free Will vs. Determinism

An Age-Old Philosophical Debate

By Chad Wilson

The age-old philosophical debate surrounding free will versus determinism has captivated the minds of thinkers, scholars, and theologians for centuries.

At the heart of this profound inquiry lies a fundamental question: Do we possess the ability to make choices independently, or are our actions predetermined by external factors?



The Free Will Perspective

Proponents of free will argue that human beings have the capacity to make choices that are not dictated by external forces or predetermined circumstances. According to this view, individuals possess agency and autonomy over their actions. This perspective emphasizes the notion that we are responsible for our choices, and our decisions are the result of rational deliberation and personal preferences.

One of the central pillars of the free will argument is moral responsibility. If our actions were entirely determined by external factors, it would be challenging to hold individuals morally accountable for their deeds. Free will advocates contend that moral responsibility presupposes the ability to make choices and exercise moral judgment.

Moreover, proponents of free will often draw upon the subjective experience of decision-making. They argue that the feeling of deliberation, introspection, and choice-making is a testament to our free will. The sensation of making choices, they claim, is evidence of our capacity to act independently.

The Determinism Perspective

On the other side of the spectrum, determinists assert that all events, including human actions, are determined by preceding causes. In the context of human behavior, this viewpoint suggests that our choices and actions are

the inevitable outcomes of various factors, such as genetics, upbringing, environmental influences, and societal conditioning.

Determinism is deeply intertwined with the idea of causality. It posits that every effect has a cause, and thus our choices are causally linked to antecedent events. In this deterministic framework, human beings are not free agents, but rather products of the causal chain that stretches back through time.

One of the key arguments in favor of determinism is the concept of predictability. If our actions were entirely random or independent of external factors, it would be impossible to predict human behavior. However, empirical evidence suggests that, to a significant extent, human actions can be predicted based on various factors, such as personality traits, upbringing, and societal influences.

The Compatibility Debate

The free will versus determinism debate has also given rise to a third perspective: compatibilism. Compatibilists argue that free will and determinism are not mutually exclusive. They propose that free will can coexist with determinism if we redefine what it means to have free will.

According to compatibilism, free will should be understood as the ability to act in accordance with one's desires and intentions, even if those desires and intentions are influenced by external factors. Compatibilists argue that our actions can still be considered free as long as we are not coerced or constrained by external forces in making choices that align with our personal preferences.

This perspective seeks to bridge the gap between the deterministic view that external factors influence our choices and the free will perspective that emphasizes autonomy.

The Meaning of Existence

The debate between free will and determinism continues to be a central and unresolved issue in philosophy. While proponents of free will emphasize human agency and moral responsibility, determinists argue for the role of causality and predictability in human behavior. Compatibilism offers a middle ground, suggesting that free will can coexist with a degree of determinism.

Ultimately, the question of whether we possess genuine free will or whether our actions are determined by external factors remains one of the most intriguing and enduring philosophical puzzles. It challenges us to grapple with the nature of human agency, responsibility, and the very essence of what it means to be human.

As we continue to explore the mysteries of the human mind and the Universe, this age-old debate will undoubtedly persist, inviting new generations of thinkers to ponder the complexities of our existence. ◆

MANIFESTING ABUNDANCE

8 INTENTIONS TO SET FOR 2024

By Dr. Athena Perrakis, Sage Goddess

With 2024 fast approaching, it's time to take stock of the learning and growing we've done over the past year and set our sights on all we hope to achieve in the coming months! The new year is a powerful time for setting intentions — it's a blank slate, a clean canvas, a freshly blanketed field of snow waiting for you to make tracks!

As you pull out your 2024 calendars, unpackage your fresh planners, and get ready to turn the page in more ways than one, envision filling all those pages with your intentions and wisdom — and then get to work!

The Numerology of 2024

When it comes to setting new year intentions, I love thinking about the numerology surrounding the coming year. 2024 is an 8 year (2 + 0 + 2 + 4 = 8), and the number 8 represents abundance, expansion, and infinity. It also signifies harmony and the interconnectedness between celestial and earthly realms, embodying a cosmic equilibrium associated with manifesting prosperity and spiritual harmony.

Those born under life path 8 place a premium on success and financial security — and they know how to achieve the abundance they seek. 8 is the executive with far-reaching ideas and concepts. The leadership skills of path 8 people are dynamic — inspirational, courageous, independent, organized, and ambitious.

Working with the energy of the number 8 can help you unlock the keys to prosperity in your own life — restoring your spiritual equilibrium, opening your heart to the blessings all around you, and giving you the drive and tenacity to seek them out!

The following are eight intentions to set for 2024, based on numerology ...

1. Express Your Gratitude

The number 8 is all about expansion, making 2024 a powerful time to manifest more abundance in your life. However, abundance begins with gratitude! This practice

is much more than saying "thank you" — we're talking about opening your heart to receive your blessings.

The more we give thanks for what we have, the more good fortune we magnetize to ourselves in this sacred cycle of giving and receiving, allowing and attracting.

2. Ask, Believe, Receive

Well, what are you waiting for? It's time to shoot your shot! Asking for what you desire and need is the first step toward sacred sovereignty because when you ask, you initiate half of a very important conversation with your guides and ancestors.

When we ask, the Universe gives.

3. Say it Out Loud

Voicing our dreams can be scary — What will others think? Are my goals unrealistic? What if I fail? However, when we speak our intentions out loud, we put that energy into the Universe in a very real way.

Putting words to our thoughts, hopes, and future plans helps us manifest the reality we want to see — and it encourages us to act on our dreams!

4. Write it Down

As the calendar begins anew in 2024, now is the perfect time to reinvigorate your journaling practice, organize your thoughts, and put a plan in place for achieving your goals. When you put pen to paper, you can set intentions, release fear, and chart your journey in a personal, magical way.

Writing is a potent time to initiate new ideas, projects, and all kinds of new beginnings. Even if they all don't make sense or come to fruition, better to get them out than keep them in.

5. Say Yes

Whether it's taking the lead on a project at work, accepting a dinner invitation from an unexpected suitor, or taking off on a last-minute road trip with an old friend, when we say "yes," we open ourselves to new pathways and opportunities for expansion.

Saying "yes" is the first step in starting a new chapter — be the main character you were born to be, and get the plot rolling!

6. Be the Boss

The number 8 is associated with ambition, inspiration, and execution — it's time to let your leadership skills shine in 2024! Manifesting more abundance is all about stepping up and taking charge — this can mean taking more initiative at work, being more assertive in your relationships, or giving your energy to those personal projects and business ventures that have fallen by the wayside.

7. Make Sound Investments

The key to increasing your prosperity is making sound investments — whether it's your money, time, or energy — and 2024 is the perfect time to start investing in your future and planting seeds for new growth.

However, it's important to choose where you allocate your resources wisely. Before taking on any new project, ask yourself: Do I have the energy to expend? Is the payout worth the investment? Does it resonate with my soul's purpose?

8. Make Time for Your Spiritual Practice

While it's easy to get wrapped up in our earthly concerns, the number 8 also encourages us to seek celestial connection and spiritual harmony. When we commune with the higher realms, we invite their blessings into our lives!

Make time for meditation, reach out to your spiritual circle, and work with altars, crystal grids, and other magical tools to support your soul work.

Finally …

I'm wishing each and every one of you a beautiful and transformative year ahead. May 2024 bring you all the love, abundance, healing, and joy that you deserve! ◆

THE CHRISTMAS CLOCK

A TRUE TALE OF A SPIRITUAL ATTACHMENT

By Willie Windwalker Gibson

A lot of people have written to me asking me about spiritual attachments. First, it's important to understand what an attachment is.

Spiritual attachments are often understood as ghosts or spirits that have attached themselves to a living individual or even an object. This attachment could be due to unfinished business of the spirit, a particular affinity with the person, or even random selection. Some people believe these attachments can influence emotions, energy levels, or even physical health.

Spiritual attachments are very real. In fact, I've had many cases where a person or an object had a spiritual attachment.

About 20 years ago, I encountered a case where a spirit was attached to a clock. It was December, around Christmas time, when I received a call from a woman experiencing disturbances in her house, which she believed were caused by a ghost. She reported hearing strange noises and seeing shadows.

Just a few days before Christmas, I visited her home. Upon my arrival, the woman greeted me at the door, expressing her relief and urging me to come in. Inside, I noticed a beautiful Christmas tree adorned with presents.

Immediately, I sensed the presence of something invisible in the room. The woman mentioned that the ghost had become more active shortly before my arrival, particularly around the tree. Curious, I asked aloud, "Are you here?"

In response, an ornament fell from the tree. I then inquired what the ghost wanted, prompting a package to slide from under the tree to the middle of the floor. The homeowner consented to my opening the package, which revealed an old wall clock. She explained she had purchased it from an estate sale a month earlier, intending it for her house.

I questioned aloud whether the clock had belonged to the ghost, and another ornament dropped from the tree. Asking if the ghost was attached to the clock resulted in yet another ornament falling. I assured the spirit that the homeowner meant no harm and intended to hang the clock on the wall, treating it with respect and care.

As I spoke, I detected a sweet scent of lavender, interpreting it as an affirmative sign, possibly from a woman. I then asked the ghost if she wished to move on to the light, but another ornament fell, suggesting a negative response.

The homeowner said that the ghost could stay if it didn't frighten anyone. The scent of lavender seemed to confirm the ghost's agreement.

The woman then placed the clock on the wall, and I felt the energy in the room dissipate. I assured her that everything would be fine and left the house, never hearing from her again.

This case is a reminder that when bringing old items into your home, it's wise to sage them and bless them to clear any energies or attachments they might carry. Be aware that sometimes, spirits can be attached to these objects. ◆

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